



# HEALTHY LIVING BOOKLET



Max Marshall, Karina Lovell, Alison Wearden, Jeff Warburton, Nusrat Husain, Tim Bradshaw & Diane Escott.

# **CONTENTS**

- 1. What is the purpose of this booklet?**
- 2. How do I use this booklet?**
- 3. Why is healthy living important for me?**
- 4. Information about Healthy Living.**

## **Calculating BMI**

### **Diet**

**Introduction.**

**Why do I need a healthy balanced diet?**

**What is a healthy balanced diet?**

**How can I eat more healthily?**

**How can I shop more healthily?**

**How can I cook more healthily?**

### **Physical activity**

**Why is physical activity important?**

**What is the recommended amount of physical activity that we should take?**

**How much physical activity do you currently take?**

**Becoming more physically active?**

**Local resources to help you become more active!**

- 5. Getting started - making goals and action plans**  
**GOALS**  
**ACTION PLANS**
- 6. Getting going - putting your plan into action**
- 7. Keeping going**
- 8. The Healthy Living Groups**

Permission to reproduce the following documents contained in this booklet from the Department of Health and Food Standards Agency was sought from the Office of Public Sector Information (OPSI).

A PSI licence was granted following application to OPSI for a click-user account. PSI Licence number C2009000339. Also a Value Added License was granted on 06/04/2009 number V2009000118 to enable use of the Eatwell Plate.

OPSI

Kew

Richmond

Surrey

TW9 4DU

email: [licensing@opsi.gov.uk](mailto:licensing@opsi.gov.uk)

Documents reproduced with permission

1) why eat more.pdf

[http://www.dh.gov.uk/en/Publichealth/Healthimprovement/FiveADay/DH\\_4069867](http://www.dh.gov.uk/en/Publichealth/Healthimprovement/FiveADay/DH_4069867)

2) healthy eating made easy.pdf

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4088834](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4088834)

3) fuel for living.pdf

[http://www.5aday.nhs.uk/DownloadsResources/documents/Fuel\\_for\\_Living\\_Rec](http://www.5aday.nhs.uk/DownloadsResources/documents/Fuel_for_Living_Rec)

ipe\_Booklet.pdf

4).<http://www.eatwell.gov.uk/healthydiet/eighttipssection/8tips/>

5) The eatwell plate and accompanying explanatory plate tips.

## **1. What is the purpose of this booklet?**

Thank you for agreeing to take part in this healthy living study. Together, with your help, our aim is to develop ways of helping people to improve their health by making healthy changes to their life style.

This booklet is designed to give you lots of advice and tips on healthy eating and physical activity. It has information about local resources you may want to use, as well as information on some healthy living groups. It gives practical tips on eating healthily on a budget and has some great recipes which you and your family may want to try.

The booklet has been designed to fit in with your sessions with your Support Time Recovery (STR) worker. This is when you will work together looking at changes you might want to make to your diet and activity levels. This may include setting yourself goals and making action plans of how to achieve your goals. We hope you find this journey towards a healthier lifestyle fun, interesting and enjoyable.

## 2. How do I use this booklet?

This book is for you. It includes the following sections

 **Why is healthy living important for me?**

 **Information about Healthy Living.**  
**Diet**

**Physical activity**

 **Getting started – making goals and action plans**

 **Getting going – putting your plan into action**

 **Keeping going**

 **The Healthy Living Group**

Please take copies for your friends or members of your family if you think this may be helpful to you. It is available in a written form or audio or CD. Copies of the booklet are also printed in Urdu. Please ask your STR worker if you or a member of your family would like a copy.

**Do I have enough information?** This booklet is yours. It is for you to keep and dip in and out of whenever you need to. The main purpose is to help you to find out more about healthy diets, physical activity and the changes you want to make to your lifestyle. This section in the booklet tells you about what a healthy diet is and how



much physical activity you should try to take each week. This information is based on guidelines given by doctors and experts who work for the government. These two sections are for you to use as a resource, they list the local resources, telling you where local leisure centres are, gyms and different types of activities. We have also tried to list lots of great recipes that you can try and space for you to add your own.

**How do I get started?** Most of us know that it is good for us to eat a healthy diet and stay physically active but for many of us, it's just getting started. This booklet will help you to do just that. Together with your STR worker you can make changes in your daily life that allow you to eat a more healthy diet and keep up a daily level of activity that is right for you. Your STR worker will help you to make a plan for any changes you would like to make in your life about the types of food you eat and the kind of activities you would like to take part in.

**Getting going:** Once you have made a plan, your STR worker will help you put your plan into action. The booklet provides advice on getting going with your plan, and will help you to keep a record of your plan.

**Keeping going:** If you have ever made changes before you will know that it is the keeping going that is hard. Don't worry! The next section will help you, with lots of tips and advice on how to keep going with any changes until they become part of your everyday life.

**The Healthy Living Group:** The final section tells you about the healthy living groups. These are a series of groups run by the Support Time Recovery workers, and are aimed at helping you to make changes to your lifestyle and keep going with your healthy living plan. The groups can give you lots of tips, advice and ideas. They also give you the chance to meet others who are trying to make changes to their diet and/or activity levels. The purpose of the group is to be fun and enjoyable and to give extra support. You are free to join in as many of the group sessions as you want to.

We really hope you enjoy making changes to your lifestyle and enjoy using this booklet along with all the help from your STR worker.

### **3. Why is healthy living important for me?**

Healthy living is not just something our doctors like to talk about. It is important for everyone. Having a good diet and remaining physically active is good for our bodies and can help us to feel better about ourselves too.

By eating well and exercising we can maintain a healthy weight, which then helps us to keep a healthy heart and body. This in turn, helps us to live longer, healthier and happier lives. It also helps us to avoid chest complaints, weight problems, heart disease, diabetes and cancer.

## Healthy Living

Current advice tells us that healthy living includes:

- Eating a balanced diet
- Taking regular exercise
- Keeping weight within recommended limits

You may have some of your own to add...

## 4. Information about Healthy Living.

### Calculating BMI

#### The following information is taken from the Food Standards Agency Website, "Eat Well, Be Well"

One way to get an idea of your ideal weight is to calculate your own Body Mass Index (BMI) using the helpful link below to the food standards agency website. This can help to give you an idea of what is a healthy weight for your height.

<http://www.eatwell.gov.uk/healthydiet/healthyweight/bmicalculator/>

BMI is based on your height and weight measurements. You will need to **either** take your height in metres and centimetres and your weight in kg **or** take your height in feet and inches and your weight in stones and pounds.

Or, as noted on the website, you can use the height/weight chart to get an idea of your ideal weight range for your height.

Another way of finding out if you are overweight is to check your waist size against your height.

<http://www.eatwell.gov.uk/healthydiet/healthyweight/yourbodyshape/>

We know that carrying too much weight around our middle is associated with health problems such as heart disease and diabetes.

Have a go at calculating your BMI or check your weight against height or waist measurement. Your STR worker can help you with this.

If you would now like to lose some weight here are the main things to remember:

- Only eat as much as you need to. Don't eat if you are not hungry.
- Eat more of the foods that are healthy, low fat, low-sugar, fresh fruit and veg and wholegrains
- Try to be more active everyday

## Diet

### Introduction: What are the guidelines?

The following pages give a summary of the advice provided by the department of health and the food standards agency about healthy diets. You've probably heard of the five a day campaign. This tells us that we should all aim to eat at least five portions of fruit and vegetables a day. All of the information listed can be obtained online. We have included the web page references. Just type this into your web browser to find out more.

**Five a day:** On the next page is a leaflet which tells you why it is good for you to eat more fruit and veg. There is a quick quiz to find out if you are eating enough fruit and veg. A colourful poster tells you the size of one portion. *Reproduced under the terms of the Click-Use Licence.*

### What else is in this section?

Following this we have tried to list lots more information on:

#### Why do I need a healthy balanced diet?

#### What is a healthy balanced diet?

- Starchy foods: rice, whole-wheat pasta, bread, & potatoes
- Fruit and vegetables
- Meat, fish, eggs and beans
- Milk and dairy foods
- Foods containing fat and sugar (in moderation)

#### How can I eat more healthily?

Tips on eating more healthily from the major food groups.

## 🌍 How can I shop more healthily?

Top tips on how to shop for healthy foods on a budget.

## 🌍 How can I cook more healthily?

Recipe ideas to try and space to add your own.

### Why eat more?

Eating more fruit and vegetables may help reduce the risk of the two main killers in this country – heart disease and some cancers.

Aim to eat at least 5 portions of a variety of fruit and vegetables a day. Fresh, frozen, chilled, canned, 100% juice and dried fruit and vegetables all count.

A portion is equivalent to 80 grams (about 3 ounces). You can see some examples of portion sizes on the front and back of this card.

The fruit and vegetables contained in convenience foods – such as ready meals, pasta sauces, soups, and puddings – can contribute to 5 A DAY. But convenience foods can also be high in added salt, sugar or fat – which should only be eaten in moderation – so it's important always to check the nutrition information on food labels.



1 portion

On some food packets you may see this 5 A DAY portion indicator. This means that 1 serving of the food counts as 1 portion towards your 5 A DAY target. If 2 squares are filled in, 1 serving of the food counts as 2 portions.

### Are you eating at least 5 A DAY?

#### 1 How many portions of fruit - of any kind - do you eat on a typical day?

Juice can only count as 1 portion a day, however much you drink.

Portions of fruit per day:

#### 2 How many portions of vegetables do you eat on a typical day?

Potatoes are a starchy food so they don't count towards 5 A DAY.

Portions of vegetables per day:

#### Scoring

Add up the numbers you gave in your answers to questions 1 and 2:

If the total is 5 or more – Well done. You are probably meeting the 5 A DAY target. If the total is less than 5 – Try some of the ideas in the 5 A DAY booklet to increase the amount of fruit and vegetables you eat.

For more information and a copy of the booklet: [www.doh.gov.uk/fiveaday](http://www.doh.gov.uk/fiveaday)

This section is based on work carried out by Professor Wardle and Professor Steptoe as part of their research.



12 chunks of  
canned pineapple



7 cherry tomatoes



1 medium pear



1 medium apple



1 cereal bowl of  
mixed salad



2 halves of canned  
peaches



2 satsumas



1 tablespoon of  
raisins



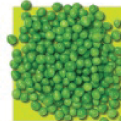
1 handful of  
vegetable sticks



1 handful of grapes



1 medium banana



3 heaped  
tablespoons of peas



2 medium plums



2 broccoli florets



half a large  
courgette



1 medium glass of  
orange juice



7 strawberries



3 whole dried  
apricots



Just Eat More  
(fruit & veg)

30812 IP 2m Mar03 (PIL)



3 heaped  
tablespoons of  
sweetcorn



3 heaped  
tablespoons of  
carrots



Just Eat More  
(fruit & veg)



3 heaped  
tablespoons of  
cooked kidney beans



16 okra



Reproduced under the terms of the Click-Use Licence.



5 A DAY

# WHAT DO I NEED TO KNOW?



**1** TO AVOID WASTE, HEIDI JACKSON, FROM CARLISLE SAYS:

*"If bananas are going a little soft, don't throw them out. Peel them, wrap in cling film then freeze. Eat like a frozen lollipop – they taste like banana ice cream"*



## WHY EAT 5 A DAY?

INTRODUCTION BY DR CHRIS STEELE



Eating more fruit and vegetables is one of the best ways to **reduce the risk** of cancer and protect against heart disease.

Fruit and vegetables are also generally low in calories and fat, making them ideal for anyone watching their weight. What's more, eating a variety of at least 5 portions of fruit and veg a day is a positive way to be healthier, as it concentrates on what you can eat rather than what you should cut out from your diet!

*This booklet gives you some easy ideas on how you can Just Eat More (fruit & veg)*

There are so many different types of fruit and vegetables that there's something for everyone. To get the maximum benefits, it is important to eat a variety of fruit and vegetables. Evidence suggests that the easiest way of achieving 5 A DAY is to eat more fruit and veg, more often.

Turn to the back page of the booklet to find out what counts as a portion.



Just Eat More  
(fruit & veg)

## EATING MORE FRUIT AND VEG ON A BUDGET

There are so many ways to eat more fruit and veg and it doesn't have to break the bank. Here are some easy and cost effective suggestions:

**2** OLIVER GILLIE, FOOD WRITER SUGGESTS:

*"Stews make a cost effective, easy and tasty meal with meat and vegetables in delicious gravy."* Cook lean meat with chopped onions, carrots, potatoes, mushrooms and peppers slowly in a large pot with water and stock and add seasoning and mustard to taste

**3** *"Frozen vegetables are cheaper and easier than fresh veg and you only have to cook as much as you want, so there's no waste. I've been told that they're as good for you as fresh veg"*  
MELANIE EVANS, MANCHESTER

**4** CHRIS DUNCAN FROM BARNSELEY SUGGESTS:

*"I keep a stock of canned fruit and veg in the cupboard for emergencies. They're really quick to prepare, and if you open a tin of fruit in natural juice, you've got an instant healthy pudding"*



**5** TAKE CELEBRITY CHEF, GARY RHODES'S ADVICE:

*"Prices for fruit and veg at local markets are usually very competitive for larger quantities – visit a market with a friend or relative and stock up. Select fruit and veg that are in season as this will be cheaper and far more flavoursome"*

## Why do I need a healthy balanced diet?

Eating a healthy balanced diet can significantly reduce your chances of:

- 🌍 Having a stroke
- 🌍 Developing diabetes
- 🌍 Heart disease
- 🌍 Bowel cancer
- 🌍 Parkinson's disease

## What is a healthy balanced diet?

Balancing your diet will get easier the more you do it. To help you to see the balance between the five food groups, the Food Standards Agency has produced the Eatwell plate.

Try to divide each day's food in the proportions that you see on the plate and you'll be well on the way to a healthy diet.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



© Crown copyright 2007

<http://www.eatwell.gov.uk/healthydiet/eatwellplate/?lang=en>>

**Copyright statement** © Crown copyright material is reproduced with the permission of the Controller of HMSO and Queen's Printer for Scotland.

## How can I eat more healthily?

The food standards agency website lists lots of practical tips for making healthy food choices.

<http://www.eatwell.gov.uk/healthydiet/eighttipssection/8tips/>

The information listed tells you that it is important to try to eat the right amount of food for your activity levels and to have a range of foods in your diet.

- Only eat as much as you need to. Don't eat if you are not hungry.

- 🌍 Eat more of the foods that are healthy, low fat, low-sugar, fresh fruit and veg and wholegrains
- 🌍 Try to be more active everyday

## Here are some of the 8 tips they provide

*Reproduced under the terms of the Click-Use Licence.*

<http://www.eatwell.gov.uk/healthydiet/eighttipssection/8tips/>

These practical tips can help you make healthier choices. The two keys to a healthy diet are eating the right amount of food for how active you are and eating a range of foods to make sure you're getting a balanced diet.

A healthy balanced diet contains a variety of types of food, including lots of fruit, vegetables and starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some milk and dairy foods.

Base your meals on starchy foods

Eat lots of fruit and veg

Eat more fish

Cut down on saturated fat and sugar

Don't skip breakfast

### **Base your meals on starchy foods**

Starchy foods such as bread, cereals, rice, pasta and potatoes are a really important part of a healthy diet. Try to choose wholegrain varieties of starchy foods whenever you can.

Starchy foods should make up about a third of the food we eat. They are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, these foods contain fibre, calcium, iron and B vitamins.

Most of us should eat more starchy foods - try to include at least one starchy food with each of your main meals. So you could start the day with a wholegrain breakfast cereal, have a sandwich for lunch, and potatoes, pasta or rice with your evening meal.

Some people think starchy foods are fattening, but gram for gram they contain less than half the calories of fat. You just need to watch the fats you add when cooking and serving these foods, because this is what increases the calorie content.

## **Why choose wholegrain foods?**

Wholegrain foods contain more fibre and other nutrients than white or refined starchy foods.

We also digest wholegrain foods more slowly so they can help make us feel full for longer.

Wholegrain foods include:

- Wholemeal and wholegrain bread, pitta and chapatti

- Wholewheat pasta and brown rice

- Wholegrain breakfast cereals

## **Eat lots of fruit and veg**

Most people know we should be eating more fruit and veg. But most of us still aren't eating enough.

Try to eat at least 5 portions of a variety of fruit and veg every day. It might be easier than you think.

You could try adding up your portions during the day.

For example, you could have:

- a glass of juice and a sliced banana with your cereal at breakfast

- a side salad at lunch

- a pear as an afternoon snack

- a portion of peas or other vegetables with your evening meal

You can choose from fresh, frozen, tinned, dried or juiced, but remember potatoes count as a starchy food, not as portions of fruit and veg.

## **Eat more fish**

Most of us should be eating more fish - including a portion of oily fish each week. It's an excellent source of protein and contains many vitamins and minerals.

Aim for at least two portions of fish a week, including a portion of oily fish. You can choose from fresh, frozen or canned - but remember that canned and smoked fish can be high in salt.

### **What are oily fish?**

Some fish are called oily fish because they are rich in certain types of fats, called omega 3 fatty acids, which can help keep our hearts healthy.

### **How much oily fish?**

Although most of us should be eating more oily fish, women who might have a baby one day should have a maximum of 2 portions of oily fish a week (a portion is about 140g). And 4 is the recommended maximum number of portions for other adults.

### **Examples of oily fish**

Salmon, mackerel, trout, herring, fresh tuna, sardines, pilchards, eel

### **Examples of white or non-oily fish**

Cod, haddock, plaice, coley, tinned tuna, skate, hake

Shark, swordfish and marlin

Don't have more than one portion a week of these types of fish. This is because of the high levels of mercury in these fish.

Anyone who regularly eats a lot of fish should try and choose as wide a variety as possible.

## **Cut down on saturated fat and sugar**

### **Fats**

To stay healthy we need some fat in our diets. What is important is the kind of fat we are eating. There are two main types of fat:

saturated fat - having too much can increase the amount of cholesterol in the blood, which increases the chance of developing heart disease

unsaturated fat - having unsaturated fat instead of saturated fat lowers blood cholesterol

Try to cut down on food that is high in saturated fat and have foods that are rich in unsaturated fat instead, such as vegetable oils (including sunflower, rapeseed and olive oil), oily fish, avocados, nuts and seeds.

### **Foods high in saturated fat**

Try to eat these sorts of foods less often or in small amounts:

meat pies, sausages, meat with visible white fat

hard cheese

butter and lard

pastry

cakes and biscuits

cream, soured cream and crème fraîche

coconut oil, coconut cream or palm oil

For a healthy choice, use just a small amount of vegetable oil or a reduced-fat spread instead of butter, lard or ghee. And when you are having meat, try to choose lean cuts and cut off any visible fat.

### **How do I know if a food is high in fat?**

Look at the label to see how much fat a food contains. Generally the label will say how many grams (g) of fat there are in 100g of the food.

Some foods also give a figure for saturated fat, or 'saturates'.

Use the following as a guide to work out if a food is high or low in fat.

### **Total fat - what's high and what's low?**

**High** is more than 20g fat per 100g

**Low** is 3g fat or less per 100g

If the amount of fat per 100g is in between these figures, then that is a medium level of fat.

## Saturated fat - what's high and what's low?

**High** is more than 5g saturates per 100g

**Low** is 1.5g saturates or less per 100g

If the amount of saturates per 100g is in between these figures, then that is a medium level of saturated fat.

Remember that the amount you eat of a particular food affects how much fat you will get from it.

Try to choose more foods that are low in fat and cut down on foods that are high in fat.

## Sugar

Most people in the UK are eating too much sugar. We should all be trying to eat fewer foods containing added sugar, such as sweets, cakes and biscuits, and drinking fewer sugary soft and fizzy drinks.

Having sugary foods and drinks too often can cause tooth decay, especially if you have them between meals. Many foods that contain added sugar can also be high in calories so cutting down could help you control your weight.

## How do I know if a food is high in added sugar?

Take a look at the label. The ingredients list always starts with the biggest ingredient first.

But watch out for other words used to describe added sugars, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey. If you see one of these near the top of the list, you know the food is likely to be high in added sugars.

Another way to get an idea of how much sugar is in a food is to have a look for the 'Carbohydrates (of which sugars)' figure on the label. But this figure can't tell you how much is from added sugars, which is the type we should try to cut down on.

**High** is more than 15g sugars per 100g

**Low** is 5g sugars or less per 100g

If the amount of sugars per 100g is in between these figures, then that is a medium level of sugars.

Remember that the amount you eat of a particular food affects how much sugars you will get from it.



Sometimes you will only see a figure for total 'Carbohydrates', not for 'Carbohydrates (of which sugars)', which means the figure also includes the carbohydrate from starchy foods.

## **Don't skip breakfast**

Breakfast can help give us the energy we need to face the day, as well as some of the vitamins and minerals we need for good health.

Some people skip breakfast because they think it will help them lose weight. But missing meals doesn't help us lose weight and it isn't good for us, because we can miss out on essential nutrients.

There is some evidence to suggest that eating breakfast can actually help people control their weight.

So why not go for a bowl of wholegrain cereal with some low-fat milk and sliced banana and a glass of fruit juice for a healthy start to the day?

*Reproduced under the terms of the Click-Use Licence.*

## **How can I shop more healthily?**

What you eat is so important to your health. What you eat today matters because it then becomes what you are tomorrow. You may not think that eating a high fat, low fibre diet, with lots of salt is doing you any harm now. But it's later on in life that it matters. You can change now what you eat and feel the benefits straight away. But most important, you are making sure that you are not placing yourself at a high risk of developing heart disease and cancer later on.

Making a healthy eating plan starts with you writing down what you are going to cook, writing a shopping list, going shopping and doing the cooking. It seems a lot to do on a budget. But over time it will become easier and save you money in the long run.

### **Plan your shopping.**

To change the way we eat starts with what we buy. This includes what we buy to eat at home or when we are out and about. We need to plan ahead what we are going to eat and therefore what we need to buy.

Knowing in advance what you are going to eat will help you to save money as well. A carefully planned menu will mean that only the things you need to buy will be on your shopping list. If you try to keep to your shopping list you won't be as tempted to buy lots of extras. If you know how much money you have each week then you can budget your food bill within this. As you go shopping you will start to know how much different foods cost and what you can afford to buy within your budget. It's all down to the planning.

You can go shopping as many times a week as you like. Some people may like to plan daily what to eat and shop that day, others may prefer to do this every 3 to

4 days or weekly. It's up to you. No matter how many days you are planning for follow these simple steps.

### **1) Write yourself a menu**

### **2) Write yourself a shopping list**

Remember to have a balanced diet you need to include foods from all the food groups.

- 🌍 Fruit & Vegetables – fresh is best, but frozen is also good and tinned is fine. Make your basket look like a rainbow! Go for a range of colours.
  
- 🌍 Herbs & Spices – make up your own cooking sauces. Find recipes that tell you how to do this as many shop-bought or ready made cooking sauces have lots of added salt and sugar.
  
- 🌍 Milk and Cheese – cheese is rich in fat, but is also a good source of protein, vitamins and minerals. Milk is a great food source.
  
- 🌍 Eggs – are a great source of food, definitely one for the shopping basket. You can use them in so many different dishes.
  
- 🌍 Fish – buy fresh or frozen.
  
- 🌍 Meat – visit your local butcher or farmers market. You can buy as much or as little as you like. Meat sold in supermarkets is good but unless they have a butchers stall you will need to buy the quantity sold in the packets.

- 🌍 Grains – remember to include recipes for rice, pasta, peas, beans, lentils, seeds, nuts. Buying whole packets can seem expensive to begin with but a packet of dried pasta may last you a couple of weeks.

### **3) Go shopping**

Remember to consider all the different places you can visit. It's not just the supermarket that has all the good stuff. To eat healthily means we need to buy lots of fresh food. This usually has a much shorter shelf life than packaged food. Get to know when your local market days are. Get to know where your local green grocers or butchers are. It may surprise you that they are nearer than you think. Walking to the shops is a really good way to keep fit as well.

We also need a good store of basics. To cook healthy meals we need to stock up on rice, pasta, healthy cooking oils, such as olive oil or sunflower oil. Get some good herbs and spices. Packets are fine. Or if you're green fingered grow your own herbs. Get a supply of pulses, such as lentils, pearl barley. Some supermarkets sell packets of pulses to add to casseroles. You don't need to buy this all in one go, build a stock up over a couple of months as you try new recipes. Get yourself some good breakfast cereals, go for the less sugary varieties. Look out for ones with wholegrain written on them.

### **4) Get Cooking**

The next section gives lots of advice and tips on healthy cooking *Reproduced under the terms of the Click-Use Licence.*

Healthy eating does involve doing cooking. But if you think of the benefits to you and your family's health, it really is worth it. But like with most things, the more you do the easier it gets. You can get others involved too. Involve your family or friends in the kitchen helping out with preparing the food to cook and most importantly doing the washing up!

## HANDY COOKING AND PREPARATION TIPS

Eating more fruit and vegetables needn't be difficult. You don't have to be a master chef to get your family to eat more and you don't have to spend any more money. You don't even have to radically change your diet. Take a look at the following tips on how to get your whole family to enjoy fruit and veg – with minimum fuss:

### 1 FRUIT SMOOTHIES ARE ANOTHER EASY AND FUN WAY OF UPping YOUR DAILY FRUIT AND VEG QUOTA. MRS E M DAVIES FROM BIRMINGHAM AGREES:

"Put chopped pear, clementine, banana or any fruit in a blender with 3–4 fluid oz of milk and a tablespoon of natural yoghurt and make a smoothie. Absolutely delicious." If you don't have a blender, use soft fruit like bananas or strawberries, which are easier to mash

2 "My partner and children don't leave the house in the morning without drinking a glass of fruit juice – at least they know they've already started on their 5 A DAY!"

KIMBERLEY GORDON, BLACKPOOL

### 3 IF NONE OF THIS WORKS, BE A MASTER OF DISGUISE LIKE MRS ELLIE GLENTON FROM NORTHUMBERLAND:

"Pureed vegetables can be added to sauces for pasta or spooned over mashed potatoes. Fruit can also be pureed to pour over ice cream, custard, puddings or added to milk for milkshakes"

### 4 OR TAKE CHILDREN'S FOOD WRITER, ANNABEL KARMEI'S ADVICE:

"If there is one food that almost no child (or grown-up for that matter!) can resist it must be an ice lolly. Try pouring fruit smoothies, fresh fruit juice or pureed fresh fruits into ice lolly moulds and freeze them"

5 *Try roasting vegetables: "Chop up red onions, courgettes, butternut squash and garlic. Pour a little oil over the vegetables and season. Cook for about an hour at 200°. You can cook most vegetables like this but I recommend this combination. I could eat platefuls of this!"*

MRS MARY DONOVAN, EAST YORKSHIRE

## WHAT COUNTS

If you're feeling inspired by the tips in this booklet but you're unsure of what counts as a portion, use the following pointers to help you and your family reach your 5 A DAY target.

**AS A RULE, ONE PORTION OF FRUIT OR VEGETABLES IS EQUIVALENT TO 80 GRAMS**

(APPROXIMATELY ONE HANDFUL)

**1 MEDIUM SIZED PIECE OF FRUIT**

E.G. APPLE, BANANA, PEAR OR ORANGE

- Fresh, frozen, chilled, canned and dried fruit and vegetables all count
- Potatoes, yam and cassava don't count towards 5 A DAY because they are classified as 'starchy' foods
- 3 heaped tablespoonfuls of cooked carrots, peas or sweetcorn
- 1 cereal bowl of mixed salad
- 7 cherry tomatoes or one medium-sized tomato
- Half a pepper, one onion and three handfuls of sliced mushrooms all count as one portion
- 1 glass of 100% fruit (or vegetable) juice also counts as a portion – but you can only count juice as one portion – however much you drink in a day

#### The following are examples of a portion:

- 2 small satsumas or 2 plums
- 12 – 15 cherries or grapes
- 1 tablespoon of dried fruit such as raisins or chopped apricots
- 1 slice (approx 2 inches) of melon

For further information about 5 A DAY, visit [www.dh.gov.uk/healthtopics](http://www.dh.gov.uk/healthtopics)



## GETTING YOUR 5 A DAY FURTHER TIPS

*Most kids will enjoy helping you prepare meals from time to time. Encourage them to be involved; suggest they help you to make shapes out of vegetables, such as carrots, before they are cooked*

**ANNABEL KARMEI, FOODWRITER**

*"Put some prepared fruit and veg snacks, like sticks of pepper, in a container in the fridge with your children's favourite cartoon stickers on to encourage your kids to eat them if they're hungry between meals"*

**DR ROB HICKS, GP AND MEDICAL BROADCASTER**

*"Finely grate carrot and stir in to soups, mashed potato and stews"*

**MRS J CRAWFORD, WALMLEY**

*"Put grated vegetables and fruit in their sandwiches"*

**CATHERINE SHILTON, BEDFORD**

*"Liquidise vegetables in homemade tomato sauce"*

**MRS B AKKAYA, LONDON**

**With thanks to all those who contributed to this booklet,** especially Heidi Jackson, Oliver Gillie, Melanie Evans, Chris Duncan, Gary Rhodes, Helen Brunton, Maggie Pannell, Karen Davies, Janette Marshall, Lucille Wong, Emma Lane, Catherine Shilton, Mrs E M Davies, Kimberley Gordon, Ellie Glenton, Mary Donovan, Mrs J Crawford, Dr Rob Hicks, Mrs B Akkaya, Lauren Goddard

**Thank you to the following companies who contributed vouchers and prizes:**

Asda, Whitworths, Hazeldene Foods, and Moulinex



**Just Eat More**  
(fruit & veg)

For further information about 5 A DAY, visit [www.dh.gov.uk/healthtopics](http://www.dh.gov.uk/healthtopics)



# What counts towards 5 A DAY?

- Fresh, frozen, tinned, 100% juice and dried fruit and vegetables all count towards 5 A DAY
- 1 portion is about a handful
- 1 portion of fruit is, for example, - 1 medium apple, banana, orange or pear, or 2 small satsumas or 3 dried apricots
- 1 portion of vegetables is, for example, 3 heaped tablespoons of cooked vegetables such as carrots, peas or sweetcorn, or one cereal bowl of mixed salad.
- Beans and other pulse vegetables, such as kidney beans, lentils and chick peas can count, but only once a day, however much you eat. Pulses contain fibre, but they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables
- A medium-sized glass of 100% fruit or vegetable juice or smoothie counts, but only once a day, however much you drink, because it has very little fibre. Also the juicing process 'squashes' the natural sugars out of the cells that normally contain them and this means that drinking juice in between meals isn't good for teeth
- A portion of dried fruit counts – but other types of fruit and vegetables should also be eaten to meet the rest of the 5 A DAY target
- Potatoes don't count towards the target as they are considered a starchy food, like pasta or rice
- Fruit and vegetables in takeaways and ready meals can count towards 5 A DAY but many of these foods may be high in added sugar, salt and fat and should only be eaten in moderation
- To get the most benefit, you should aim to include a variety of fruit and vegetables as different fruit and vegetables contain different combinations of fibre, minerals, vitamins and other nutrients

To get a healthy balance, make sure that you eat a variety of at least 5 portions of fruit and vegetables a day

[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

Stock code 272335

**NHS**

# Fuel for Living...

Recipes and ideas to help you reach 5 A DAY



Just Eat More  
(fruit & veg)



## Life in the *fast* lane

Eating well and cooking for yourself may feel like the last thing you want to do after a long day at work or college or a late night. But **eating healthily doesn't have to take loads of time or cost loads of money**. Eating a healthy diet will give your body what it needs to help you keep up with your hectic lifestyle while helping to keep you fit and healthy – inside and out.

In putting this booklet together, we asked some of you what your favourite meals were – both to cook for yourself and to be cooked for you. Your top choices included spaghetti bolognese, curry and a traditional roast dinner with all the trimmings. So we've included **quick, easy and healthy recipes for some of your favourite dishes for all sorts of situations**, as well as tips on how to eat healthily when you're out and about.

**It's recommended that we eat at least 5 portions of a variety of fruit and vegetables each day. They give you plenty of vitamins and minerals.**

For example, many are naturally high in folate, vitamin C and potassium. Fruit and vegetables are also a good source of fibre and other substances, such as antioxidants. These are all important for your health.

Most fruit and vegetables are also generally low fat, low calorie foods so **eating fruit and vegetables instead of foods that are high in fat and added sugars makes it easier for you to keep your weight within the healthy range.**

In the longer-term, eating more fruit and vegetables may help reduce the risk of the two main killer diseases in this country - heart disease and some cancers.

**This booklet will help you to fit more fruit and veg into your diet and hopefully make it easier for you to reach the target of at least 5 portions a day.**

## Fajita Fiesta

A great social meal needing surprisingly little preparation! Impress your friends with a Fajita Fiesta...

- Serves: 4
- Preparation time: 15 minutes
- Cooking time: 20 minutes
- Cost per serving: £1.88
- 5 A DAY portions per serving: 2



### What you'll need:

- 1 tablespoon olive oil
- 4 skinless chicken breasts (diced)
- 1 red, 1 green, 1 yellow pepper (chopped)
- Handful of mushrooms (roughly chopped)
- Packet of fajita mix
- 8 soft flour tortillas
- 1 chopped onion
- Salad ingredients: tomatoes, cucumber, lettuce

### Top Tip:

- ✓ If you're less keen on the spice, serve with natural yoghurt

### Get cooking

- Heat the oil in a large pan
- Add the onion and diced chicken and cook for 5 mins
- Add the remaining vegetables to the heat and stir
- Stir in the fajita mix
- Meanwhile prepare a mixed salad of tomatoes, cucumber and lettuce leaves
- Warm the tortillas in a heated oven for 3 mins or a microwave for 1 min
- Serve all together

(v) Couldn't be easier... simply add more vegetables and ignore the chicken

### Alternative ideas to jazz it up...

- Serve with a tomato salsa for extra flavour
- Provide carrot stick dips with hummus or guacamole as a starter to get you in the mood
- Use leftovers as a sandwich filler or with a baked potato

### Did you know?

Red and yellow peppers have 4 times as much vitamin C as oranges





# Easy curry

Nearly 1 in 10 of you thought curry would be the best meal someone else could cook for you... second only to the roast (see later). Here's a quick and easy way to impress your friends with their favourite food.

## Food for friends

- Serves: 4
- Preparation time: 10 minutes
- Cooking time: 15-20 minutes
- Cost per serving: £1.75
- 5 A DAY portions per serving: 2

### What you'll need

2 teaspoons vegetable oil

1 onion, chopped

Some garlic

2 tablespoons curry paste

Selection of your favourite vegetables, chopped (e.g. courgettes, peppers, carrots, mushrooms etc)

1 large cooking apple, chopped

600ml vegetable stock

2 x 400g cans chopped tomatoes

Freshly ground black pepper



### Get cooking



- Heat a small amount of olive oil in a large pan and fry the onion and crushed garlic gently for two minutes. Add the curry paste to the onion and cook for two minutes more
- Add tomatoes, stock and seasoning
- Add the vegetables and apple and bring to the boil
- Put the lid on the saucepan, reduce the heat and simmer for 15 minutes or until the vegetables are cooked. Serve with rice, naan bread, chapatti or on top of a jacket potato

### Did you know?

Your bones continue growing until your mid -20's and the best way to make sure you build healthy strong bones is to make sure you get enough calcium in your diet. The richest vegetable sources of calcium are curly kale, okra and spinach. You can also get useful amounts from red kidney beans, soya beans, peas, broccoli, cabbage, celery and parsnips, dried apricots and figs

### Top Tips:

- ✓ For meat lovers, add a little lean diced beef or diced chicken at step 1. Simply cook with the onions and garlic until browned. **Remember!** Meat takes longer to cook than vegetables, so you will need to increase the cooking time to about 30 minutes
- ✓ For a different meal, you could try adding about 2 cups of lentils to your liquid. Three tablespoons of lentils count towards 5 A DAY and are a good way to get more fibre into your diet
- ✓ There is no need to spend £1 a go on jars of curry sauce when you can spend the same on a jar of curry paste (along with a tin of tomatoes every time), which will make four or five curries

# Perfect Pasta

Pasta is cheap to buy and simple to cook – and it will fill you up too! Here are some tasty sauce ideas to jazz up your pasta in an instant. The quantities aren't that important in these recipes – just put in however much you like.

## The following recipes:

- Serves: 1
- Preparation time: 10 minutes
- Cooking time: 15-20 minutes
- Cost per serving: £1
- 5 A DAY portions per serving: 1

## Top Tips:

- ✓ Make a big batch of the basic tomato sauce – it will freeze well and could also be used to pour over vegetables or meat for a different meal
- ✓ If you have left over vegetables from a previous meal, simply add them to your basic tomato sauce. If you have a blender you can disguise the vegetables completely in the sauce
- ✓ You can easily add mince, diced chicken or other meat to any of these recipes if you want a change

## Did you know?

According to the botanical classification, tomatoes are a fruit rather than a vegetable



## Basic tomato sauce

- Chop an onion and gently brown in a saucepan in a little oil
- Add canned tomatoes (about one large can per person)
- Add black pepper to taste and some mixed herbs
- Bubble for about 10 mins (keep stirring so it doesn't stick to bottom of pan)
- Serve with a sprinkling of grated cheese



## Roasted vegetables

- Pre-heat the oven to 180°C / gas mark 4
- Roughly chop vegetables of your choice into large chunks and place in an ovenproof dish or roasting tin. Most veg roast well – the only rule is the more the merrier!
- Drizzle a little olive oil and a sprinkling of mixed herbs over the vegetables and put them in the oven for about 30 minutes
- When cooked, heat up one or two tins of chopped tomatoes and heat through on the hob
- When the pasta is cooked, mix in the roasted vegetables and tomatoes and season with some black pepper

## Cherry tomatoes and basil

- Wash and halve a few handfuls of cherry tomatoes – or use normal tomatoes quartered
- Place in a saucepan with a little olive oil and cook gently over a low heat with a sprinkling of seasoning
- Roughly chop a few handfuls of basil – fresh is the tastiest but can be pricey – (if you've got a garden or windowsill, you could grow your own!) - dried basil or a couple of tablespoons of pesto are a good substitute for fresh
- Once the tomatoes have softened, add the basil to the pan. You could also stir in some other veg – like sweetcorn or sliced courgette – and cheese – either mozzarella or parmesan are good with this
- Heat and serve

## Garlic mushrooms, bacon and yoghurt

- Gently cook some chopped onions, button mushrooms and chopped bacon in a pan with a bit of oil
- Add some crushed garlic and cook until the onions and mushrooms are starting to soften
- Stir in a couple of tablespoons of low fat natural yoghurt
- Serve with pasta of your choice

# The one pot roast

The roast came top of the list of meals that you'd like someone else to cook for you. So, to help you recreate a low maintenance version of your favourite Sunday lunch – any day of the week – with minimum washing up, here is a recipe and some helpful hints to make it extra special for your mates.

## It's all in the timing...

- Serves: 4
- Preparation time: 20 minutes
- Cooking time: 40 minutes
- Cost per serving: £1.50
- 5 A DAY portions per serving: 3

## What you'll need

8 chicken pieces (thighs, legs, breasts – whatever you fancy)

5 carrots

3 parsnips

2 red onions, peeled

3-4 cloves garlic

2 tablespoons olive oil

### And on the side:

4 potatoes (for mashing), peeled

1 small swede, peeled

2 teaspoons margarine

100ml hot milk

4 handfuls of green beans



## Get cooking

- Preheat the oven to 200 degrees C / gas mark 6
- Put the chicken pieces in a large roasting tin
- Peel and chop carrots, parsnips and red onions (it doesn't really matter how you do this – big chunks will make your dish seem more rustic) and add to the roasting tin
- Peel and crush the garlic and add to the tin or simply add the whole cloves
- Pour a bit of olive oil over the chicken and vegetables and put the whole lot in the oven
- Cook for around 40 minutes or until the juice runs clear when you put a skewer in the chicken pieces



## For the mash

- Peel and chop the potatoes and swede and put together in a large pan of boiling water for 20 minutes or until they are soft
- Drain the water from the potatoes and swede
- In the same pan (for minimum washing up) mash the potato and swede together with a little hot milk, a small knob of butter and seasoning

## Why not

- Add some green beans on the side – either steam them or add them to boiling water for a few minutes. They'll brighten up your dish and add to your 5 A DAY
- Add some finely chopped spring onions or some chopped fresh herbs to the mash
- Serve the mash, chicken and vegetables all together

## Juice it up

- To make real gravy pour the juices from the roasting tin into a saucepan (try to skim off any excess fat) and stir in about a tablespoon of flour. Once the flour is mixed in, slowly add about 2 cups of the leftover water from your vegetables and a stock cube. Bring to the boil then reduce the heat and simmer, stirring, until it starts to thicken

## Did you know?

Parsnips were first cultivated during Roman times. They were served as dessert with honey and fruit

## Top Tip:

- ✓ Adding fruit and vegetables helps to 'bulk out' a meal without adding a lot of extra calories

# Spag Bol

Spaghetti bolognese is an old favourite – our research shows it's one of the most popular dishes to both cook and eat with friends. Try this easy version of the well-known meal and get 2 portions of your 5 A DAY at the same time.

- Serves: 4
- Preparation time: 10 minutes
- Cooking time: 30 minutes
- Cost per serving: £0.83
- 5 A DAY portions per serving: 2 per serving

## What you'll need

- 1 tablespoon vegetable oil
- 1 onion (chopped)
- 1 x 400g can chopped tomatoes
- 4 medium sized carrots (diced)
- A handful of mushrooms, quartered
- 1 cup frozen peas or 1 small can peas
- 1 clove garlic (crushed or finely chopped)
- 2 pinches mixed herbs
- 400g extra lean mince or quorn (v)
- 2 tablespoons tomato puree
- 400g spaghetti (check packet for cooking instructions)
- Freshly ground black pepper



## Get cooking



- Heat the oil in a large pan
- Add the onion and garlic and cook for 2 mins
- Add the mince/quorn and cook over a high heat, stirring for a further 8 mins or until meat is brown
- Add the carrots and cook for 2 mins
- Add mushrooms, peas, mixed herbs, tomatoes and tomato puree, cover and simmer for approximately 25 mins

(v) For a mouth-watering vegetarian bolognese, add 4 cupfuls of red lentils to the pan instead of the mince. Lentils absorb lots of water so check the pan and add water if required

- Boil spaghetti for 8 mins or according to the pack instructions – you could try the old trick of chucking a small strand of the spaghetti at the wall – if it sticks it's cooked!
- Drain the pasta and serve with your delicious sauce on top
- Serve with a side salad for extra health benefits

## And there's more

### Chill out

- Add a tin of kidney beans to the bolognese and a pinch of chilli powder to transform it into an effortless Chilli Con Carne – best with rice or a jacket potato instead of pasta

### Lasagne

- **Transform** the bolognese sauce into a lasagne in an instant. You will need white sauce and lasagne sheets. Simply spread a layer of bolognese sauce on the bottom of a large oven dish, cover with a layer of white sauce and place a layer of lasagne pasta sheets on top. Repeat until you have built up two or three more layers and top with a little grated cheese. Cook it in a pre-heated oven (200C/gas mark 6) for about 30 mins. Check the pasta's cooked and serve with a large side salad

## Top Tip:

- ✓ A small can of kidney beans counts as 1 portion of your 5 A DAY



## Food on the *run*

If you're on a night out or in a hurry it's easy to grab food on the run to save time or to fill that gap. But how do you make that kebab or burger better for you without having to ditch it all together? Read on to find out...

- Go large on salad by adding it to your burger or kebab. A cereal bowl of salad counts as one portion towards 5 A DAY
- Veg out with your pizza - choose one that has lots of vegetables on it or add extra vegetable toppings. Onions, sweetcorn, mushrooms, peppers and tomatoes are all delicious on pizza and all count towards 5 A DAY
- Fill up with a steaming jacket potato. Load your spud with sweetcorn, vegetable chilli, or baked beans. The potato won't count towards 5 A DAY but the filling will
- If you're treating yourself to a meal out, try to choose at least one course that contains fruit and vegetables
- On the side - why not choose to have a side salad or vegetables to accompany your meal?
- Traditional tucker - if you're craving fish and chips try some mushy peas on the side - they count towards 5 A DAY
- Snack on a sarnie - sandwiches are easy to grab when you're out - try looking out for options filled with salads or vegetables

### Top Tip:

✓ It's easy to confuse thirst and hunger - often when you think you're feeling hungry, your body actually wants fluid. A glass of fruit juice helps to re-hydrate as well as providing important nutrients

## It's Stir Fryday!

Stir fries are a quick and easy way to eat healthily - and the best bit is that you can make it up as you go. Choose your own ingredients and experiment with new combinations.

- Serves: 4
- Preparation time: 10 minutes
- Cooking time: 10 minutes
- Cost per serving: £1.35
- 5 A DAY portions per serving: 2

### What you'll need

1 tablespoon oil

1 onion

4 skinless chicken breasts (diced)

Selection of chopped vegetables - choose your favourites. Try to chop the vegetables into the same sized pieces

2 tablespoons soy sauce - or try Chinese five spices, chillies or even curry powder

Vegetable stock cube

Packet of bean sprouts - optional

200g rice



### Get cooking



- Cook the rice according to the pack's instructions
- While the rice is cooking, heat the oil in a large pan or wok
- Add the onion and diced chicken and cook for 5 mins
- Add the remaining vegetables to the heat and stir
- Add a little water and the soy sauce or spices to flavour
- Dissolve the stock cube in a cup of boiling water then add to the pan and heat for a further 5 minutes
- Drain the rice and serve with your delicious stir-fry onto 4 plates

# Burning the candle at both ends

## 1. Energy boost

If you've been working long shifts or burning the candle at both ends, the hours can mess up your body clock and leave you feeling shattered. One thing that will help to keep your energy levels up is to choose foods that release energy gradually.

Bananas or dried fruit like raisins or dried apricots provide a steady supply of sugar giving longer lasting energy. It can be tempting to go for high sugar foods that give you a quick blood sugar rush but this is quickly followed by a crash, which makes your energy slump.

## Did you know?

Zinc helps the body heal wounds, which means that if you suffer from spots it's important to eat plenty of foods rich in zinc to help your skin heal. Green vegetables, beans and pulses, figs and dried apricots provide useful amounts of zinc

## 2. Exam fever

If it's exam time and you need to concentrate hard on revision, here are some ideas to get some brain food into your diet:

- Make sure you've got enough iron in your body. A lack of iron can make it difficult to concentrate and shorten your attention span – not good news if you're trying to revise. Green leafy veg like watercress or spring greens, broccoli and pulses (like kidney beans) and dried fruit such as raisins and figs are a useful source of iron
- Vitamin C can also help you absorb the iron in your body, so have a glass of orange juice with your meal
- When you're stressed you're more vulnerable to colds and other infections – eating plenty of fruit and veg, particularly those that are rich in vitamin C, will help keep your immune system strong

## 3. The morning after the night before...

Feeling fragile? After a night on the town, many people crave fatty or high sugar foods. Here are some easy ways to help you beat off those unhealthy cravings and make you feel more lively:

- **Eating foods that are naturally high in vitamin C can give your tired body a boost** – oranges, grapefruits, kiwis and strawberries make great juices and smoothies and they have a high vitamin C content. Or try tomato juice as a good alternative to orange juice
- **Bananas are a particularly great cure after a heavy night** as they help to satisfy the craving for sweet foods. Try putting a banana in your smoothie – it's a great way to use up any fruit that may be overripe

*Drinking a lot can make you look bad, feel sluggish and won't keep you on top form. To keep this from happening men should drink no more than 3-4 units of alcohol a day (a unit is a small glass of wine or half a pint of normal strength lager) and women should drink no more than 2-3 units. This is true for everyday drinking or when you're out at weekends so you can't 'store up' all your units and use them in one go - that's bingeing!*





## Meals **in a hurry**

Whether you are rushing out or tired after a long day, the thought of preparing a healthy meal from scratch can often be the last thing you feel like doing.

Before you reach for that takeaway menu, check out these quick and easy meals which you can knock up in the same time it takes pick up the 'phone or microwave a ready meal – and they're cheaper too!

- Keep frozen pizza bases in the freezer. You can easily create a healthy and tasty pizza by topping them with tomatoes, onions, red or green peppers, ham, mushrooms, canned sweetcorn or anything else you have in your fridge. If you don't have any pizza bases, you could use a bagel or an English muffin
- Omelettes are quick and easy and can be filled with anything you like. Just crack the eggs into a small bowl (about 2 eggs per person), add a couple of tablespoons of milk and some black pepper. Beat the eggs until they are well mixed. Adding chopped onions, peppers and mushrooms to your omelette will help you reach your 5 A DAY target. Heat a small amount of oil in a pan and once the oil is hot pour in the egg mixture. As the egg begins to cook, lift up the edges with a spatula so the uncooked egg can flow under the cooked portion. Cook until it's light brown, fold it in half and serve. If it falls apart, call it scrambled egg!

- **Ratatouille:** this may sound tricky but is just another name for a simple vegetable stew. Chop a selection of your favourite vegetables into bite sized pieces. Heat a little oil in a saucepan and once hot add the vegetables and cook for 5 minutes. Add a large can of tomatoes and some herbs (fresh or dried). If you like your food hot you can even add a little chilli. Reduce heat and cook for 10-15 minutes. Serve it in a jacket potato or with a grilled chicken breast or fish and some crusty bread to mop up the juices

## Keep energised

Snacking on fruit and veg like carrot sticks and strips of red pepper can keep hunger at bay and because both fruit and veg are low-fat, low calorie foods, including them in your diet can help keep you trim.

## Did you know?

The B vitamins are vital for energy production, keeping the brain, nerves, blood and muscles functioning and skin, nails and hair healthy. Some of the B vitamins are found in bananas, peas, beans, lentils and leafy greens.



# One pot wonder

The best thing about this meal is that you can use whatever vegetables you have to hand. If vegetarian foods aren't your thing, just add some diced meat to the pot – whether it's chicken, beef or lamb. The ingredients below are just a guide.

- Serves: 4
- Preparation time: 15 minutes
- Cooking time: 1 hour
- Cost per serving: £1.50
- 5 A DAY portions per serving: 2

## What you'll need

- 2 medium onions
- 4 medium carrots
- 1 small swede
- 2 medium parsnips
- 2 medium leeks
- 1 clove garlic, crushed or finely chopped (you could cheat and buy some garlic granules or paste, or simply leave it out all together)
- 1 tablespoon dried mixed herbs
- 300ml vegetable stock
- 1 tablespoon plain flour
- 4 large potatoes, thinly sliced
- 1 tablespoon margarine
- Freshly ground black pepper



## Get cooking



### Step 1

- Preheat the oven to 190 °C / gas mark 6. Chop the vegetables into chunks and arrange in layers in a large casserole dish (except the potatoes). If you don't have a casserole dish, you can put them into a saucepan and cook on the hob
- Season the vegetable layers lightly with black pepper and sprinkle them with garlic and chopped herbs as you go

### Step 2

- Boil 300ml water and add the stock cube. Add the flour to the stock and pour over the vegetables
- Arrange the potatoes in overlapping layers on top. Dot with a small amount of butter and cover tightly

### Step 3

- Cook in the oven (or on the hob) for about an hour, or until the vegetables are tender
- Remove the lid from the dish and cook for a further 15 minutes until the top layer of potatoes is golden and crisp at the edges
- Serve and enjoy!

## Did you know?

You probably remember being told as a child that eating carrots would help you see in the dark – and it's true - carrots are a good source of beta carotene, which our bodies turn into vitamin A, and vitamin A is important for night vision

## Top Tips:

- ✓ If you want to add meat to this meal, gently brown the diced meat first, then add to the casserole dish with the raw vegetables. The meat will be very tender if cooked slowly and will soak up all the flavours from the vegetables



# Bonza breakfast

Breakfast is the most important meal of the day. It provides you with energy for the day. And if you miss it, it's not going to help you lose weight. Research shows that eating breakfast can actually help people control their weight. Here are some ideas to help you kick start your day.

## Porridge

You can get a 1kg bag of porridge oats for well under £1, and a bowl of porridge is a really filling meal to start the day. The traditional Scottish way to make porridge is with water and a pinch of salt. If you're not a fan of that, try making it with milk and a teaspoon of honey. Add a sliced banana or some other fresh or dried fruit for variety.

## Bananas

- If you really can't face eating anything in the morning, blend up a banana with some milk and yoghurt to make a healthy smoothie. Try adding a tablespoon of peanut butter to boost protein levels
- Bananas contain dietary fibre, which helps to keep your digestive system working well. Bananas are a firm favourite with sportsmen and women because they contain slow release carbs which help to boost energy levels
- If you haven't got time for a proper meal, a banana sandwich makes a quick and healthy snack
- Bananas are rich in potassium which can help lower blood pressure

## Full English

An old time favourite and a great way to get veg into your breakfast. Add baked beans, 3 tablespoons of cooked mushrooms and a tomato and you've already ticked off 3 portions. Grill it rather than fry it for the lower fat option.

## Did you know?

Breakfast can provide you with 25 percent of your daily nutrients. Eating a healthy breakfast can help boost your mental and physical performance throughout the day

# Sneaky Snacks

Revitalise your brain and your body with a 5 minute snack break. Here are some ideas to make sure your snack hits the spot:

- If you can't stomach breakfast in the mornings, just take a banana with you in your bag and eat it during the morning to kick-start your morning metabolism. Sports enthusiasts rely on this potassium-packed high energy fruit which will help keep your hunger pangs at bay until lunch
- Dried fruits provide a steady supply of sugar giving longer lasting energy
- No preparation time? Just heat up a can of baked beans with toast or a jacket potato for lunch and tick off another 5 A DAY portion
- Chopped apple and yoghurt can refresh and boost your energy levels in the middle of the day
- Carrot sticks or slices of pepper are excellent snack foods and can hold off hunger during the day
- Smoothies are an easy way of upping your fruit intake. If you don't have a blender you can just mash the softer fruits like strawberries and bananas.
- Try keeping a supply of cherry tomatoes or easy peel fruit in your desk drawer or bag and snack on these instead of eating chocolate or crisps

## Top Tip:

✓ The secret to healthy snacking is to choose your snacks wisely – fruit (fresh, canned or dried) is a great choice. Try keeping a small bag of dried fruit in your desk at work or in your bag so you've always got a healthy snack at hand when you need one. Fruit smoothies or raw vegetables served with hummus or guacamole are another healthy choice



**Write down your own recipe ideas**

**Name of recipe:**

**Ingredients:**

**How to make:**

# Physical activity

## What's in this section?

- 🌐 **Why is physical activity important?**
- 🌐 **What is the recommended amount of physical activity that we should take?**
- 🌐 **Becoming more physically active?**
- 🌐 **Local resources to help you become more active!**

## Why is physical activity important?

Modern lifestyles are often much less active than those of our parents and grandparents and many of us now have very low levels of physical activity. Getting enough exercise can have advantages for both our physical and mental health. Staying physically active helps to prevent us from becoming overweight and will reduce our chances of developing up to 20 chronic diseases including:

- 🌐 Heart disease
- 🌐 Having a stroke
- 🌐 Diabetes
- 🌐 Certain types of cancer

Regular physical activity also helps us to feel good about ourselves and has been shown to reduce stress and help with problems such as anxiety and depression.

So there are many reasons for developing a physically active lifestyle but perhaps one we also shouldn't forget is that it can be fun! Staying physically active doesn't have to be about gruelling sessions at the gym it can be doing things we enjoy such as playing sport, gardening or taking walks in the countryside. Hopefully in this section we can help you decide what type of physical activity you would most enjoy participating in.

## **What is the recommended amount of physical activity that we should take?**

The department of health recommend that in order for adults to remain fit and healthy and control their weight they should take:

- A total of at least 30 minutes of at least moderate intensity physical activity a day, on 5 or more days a week.

Moderate physical activity includes doing things such as walking, decorating, doing housework and playing sports such as golf or badminton.

However, adults who have a high energy intake should aim to take 45-60 minutes' of activity each day may be needed in order to prevent the development of obesity and people who have been obese and who have lost weight may need to do 60-90 minutes of activity a day in order to maintain their weight loss.

## **How much physical activity do you currently take?**

Most of us are probably unaware of how physically active we are. In order to find out how active you are you might want to consider completing the physical activity diary on the next page. Just record the activity you take part in and how long you do each activity for, and remember this should include day to day activities such as walking or cleaning the house as well as more rigorous activities like cycling or jogging. To illustrate how to fill in the diary we have completed some activities on Monday for you, but if you need any extra help you can always ask your STR worker for assistance.

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Monday</b>		Walked to shops & back - 15 minutes	Played football - 60 minutes
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

**Activity diary**

## Becoming more physically active?

In section 5 of this booklet we will explore some ways of beginning to develop a healthier lifestyle. First let's think about some of the principles that might be important in identifying activities that you will want to participate in both now and in the future.

- *Physical activity should be fun. If it is fun, you are more likely to continue with it*
- *You can become more active when completing routine, everyday activities, for example by walking to the shops rather than taking a bus*
- *Activities that we have previously enjoyed are more likely to be enjoyed again in the future*
- *Activities that give us a sense of achievement may be likely to be continued*
- *Doing activities with friends can be more fun than doing them on our own*
- *Your 30 minutes of moderate physical activity can be built up through the day and not all at one time. So 5 minutes climbing stairs instead of taking the lift will make up a sixth of your required activity that day.*

To help you think about some activities that you might want to think about taking part in, we have provided a list. You will see that there are activities that you could do on your own as well as ones with other people.



Things you can do on your own	Things you can do with a friend	Things you do in teams
Walking	Walking	Badminton
Rambling	Rambling	Bowls
Dancing	Dancing	Cricket
Swimming	Swimming	Football
Golf	Golf	Rugby
Cycling	Cycling	Hockey
Fitness training	Fitness training	Ice Hockey
Ice Skating	Ice Skating	Netball
Martial Arts	Martial Arts	Martial Arts
Trampoline	Table Tennis	
Running	Tennis	
Jogging	Running	
Track events	Squash	
Gym	Jogging	
Yoga	Track events	
Tai Chi	Gym	
	Yoga	
	Tai Chi	

## Local resources to help you become more active!

### Lancashire

Burnley & Pendle

<http://www.burnley.gov.uk/site/scripts/documents.php?categoryID=1165>

Blackburn & Darwen

<http://www.blackburn.gov.uk/server.php?show=nav.001009004>

Preston

<http://www.preston.gov.uk/leisure-and-culture/leisure-and-sports-centres/>

Blackpool

<http://www.blackpool.gov.uk/LeisureandCulture/SportandPhysicalActivity/>

Lancaster

<http://www.lancaster.gov.uk/Category.asp?cat=491>

Merseyside

Liverpool

[http://www.liverpool.gov.uk/Leisure\\_and\\_culture/Sports/index.asp](http://www.liverpool.gov.uk/Leisure_and_culture/Sports/index.asp)

Sefton

<http://www.sefton.gov.uk/Default.aspx?page=1824>

Knowsley

<http://www.knowsley.gov.uk/sports-microsite/active-leisure-and-sports.aspx>

Here are some other really useful links to national sites that you can search locally:

<http://www.activeplaces.com/>

This website allows you to search for sports facilities anywhere in England. Very useful!

<http://www.sustrans.org.uk/>

This site helps you to find walking and cycle routes near to you. This is great for people wanting to walk or cycle to work or the shops etc and it has a great downloadable map that shows all the routes.

<http://www.runtrackdir.com/>

This lists all the athletic and running tracks alongside the UK Athletics Club Website Directory.

## **5. Getting started**

Okay, so now we have some information about what a balanced diet is, and why it's so important for us all. We have also considered the huge benefits of having a physically active lifestyle. Now we can turn to you and consider what you want to do with all this information. We have designed this book to work alongside your sessions with your STR worker and to support you as you take steps towards achieving your diet and activity goals.

### **Your STR Worker**

Your STR worker understands about some of the problems such as tiredness and poor motivation that often make it more difficult for people with mental health problems to maintain a healthy lifestyle. Your STR worker has also received specific training about healthy living.

Your STR worker's role is very much like that of a personal fitness trainer. They are here to support and help you to decide what changes you would like to make to your diet and exercise level. Together you will set goals and make action plans for how you would like to go about changing your lifestyle and making these changes part of your everyday life.

Your STR worker will help you to consider the information about healthy eating and physical activity. Together you will plan changes to your lifestyle. Your STR worker will encourage and support you and help you to get over any worries or concerns you may have if the going gets tough.

## **You**

You are the most important person here. Only you know what you eat and how much activity you take at the moment. Only you know what changes you would like to make. Most importantly, it is up to you what kind of change and how much change you make.

But you are not alone. During your individual sessions, you and your STR worker will make goals and plans. Bring along a family member or friend to your sessions if you want to, or ask your STR worker to talk to them on the phone about your goals and plans. You can also join in with the healthy living group sessions. The other group members are people, like you, who are trying to make changes to their daily diet and activity levels. Section 8 tells you more about these groups.

Remember healthy living is important for us all. Many of us struggle from time to time to keep up a good diet and stay active. All of the things suggested in this booklet are things that we also aim for.

### **Your Friends and Family**

For most of us, our friends and families are usually the people we are closest to. Making changes in our lives affects not only ourselves but also those around us. Having the support of our friends and family is vital to making changes and keeping going.

This is especially true with changes to what we eat. We often need the help and support of the people we live with. We would very much like to include a member of your family or a friend to help you with making changes to your lifestyle. Talk with your STR worker about this. You may want to bring along a family member or a friend to your sessions. Or, you may want your STR worker to talk with your family or friend on the telephone about what you are doing and how they can help you. If you do not want anybody involved then that's fine - just let your STR worker know.

For some people, they may find it helpful to have a family member or a friend join them in making changes to their

lives. Your family member or friend may even want to make changes themselves? We would encourage you to talk with your family or friends about your ideas on healthy living and the changes you want to make.

## **SESSION 1 - SETTING GOALS**

Often people have some things about their lives that they know may be bad for their health and they would like to change. This may be that they eat a lot of junk food or don't exercise regularly. During your first session with your STR worker you will have time to talk about the kinds of things you want to do and the changes you want to make to your lifestyle. Please use the spaces below to jot down any ideas you want to discuss.

**Ideas about what I want to achieve.**

A large, empty rectangular box with a thin black border, intended for the user to write down their ideas about what they want to achieve.



## How do I change my behaviour?

Once you have had time to consider the sort of things you want to achieve, you and your STR worker will start to write down some goals. Health experts tell us that in order for us to change one of our behaviours, such as eating more fruit; we have to firstly see the point in doing that, and secondly want to do it. The next stage involves making a plan. These plans are based on goals that you set for yourself with help from your STR worker.

By setting goals you will have something to aim for and will be able to measure how well you are doing. For each part of your diet or exercise you want to change, you can make goals. These goals will change over time. Once you have reached your first set of goals you can then make some more until you are happy with your own healthy lifestyle. It is important to remember that when you set yourself goals, be kind to yourself:

- 🌍 Any change towards your goal is good, no matter how small
- 🌍 Set yourself goals you can manage and build up towards the longer term goals
- 🌍 Wait until you feel comfortable with your most recent change before you move onto your next goal
- 🌍 When you achieve a goal, reward yourself

Sally wants to lose some weight and would like to become more active, but finds it difficult to stick to a plan. She thinks that eating more fruit is a good first step to helping her to lose weight. In addition, she thinks that eating more fruit will help her to be healthier. Sally is now on the way to beginning to change her behaviour. The most important thing Sally needs now is to decide that she really wants to eat more fruit then set herself some goals.

An example of some goals Sally might make are:

- 1) To eat a healthier diet by ensuring that I eat at least 5 portions of fruit and vegetables daily.
- 2) To be able to reach a target weight of 10 stone in 3 months
- 3) To be able to plan a weekly menu to ensure I eat healthily
- 4) To walk to and from work 4 times a week

## What are your goals?

We have provided some sheets for you to write them down. Your STR worker will help you with this. Working with too many goals can be confusing. We would advise you to work with between one and three goals. Here is some advice for setting your goals:

- Ask yourself what you want to be able to do
- Be as specific as you can by stating how often you want to do something
- Set realistic goals, things you want to do in the future or used to do in the past
- State goals positively, start with 'to be able ...' rather than 'to stop .....

e.g. 'to be able to eat 5 portions of fruit and veg daily... rather than 'to stop eating junk food every day'

Goals are things to aim for. Pick things that will help you to achieve a healthier lifestyle. So that you know how you are doing, we have written down a simple scale underneath each goal. Circle one of the numbers for each goal. This will tell you how difficult you find each goal.

At the moment, you should choose goals that you want to aim for. As you do work with this programme the goals will become easier to achieve. Re-rating them every now and then using the same scale is an excellent way to monitor your own personal progress. Aim to do this at least monthly with your worker.

## My healthy living Goals

Today's date.....

Goal number 1

.....  
.....  
.....

I can do this now (circle a number):

<u>0</u>	1	2	3	4	5	6
Not at all		Occasionally		Often		Anytime

Goal number 2

.....  
.....  
.....

I can do this now (circle a number):

<u>0</u>	1	2	3	4	5	6
Not at all		Occasionally		Often		Anytime

Goal number 3

.....

.....

.....

I can do this now (circle a number):

<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Not at all	Occasionally		Often		Anytime	

## **6. Getting going – putting your plan into action**

Like Sally who set herself some goals to aim for, you now need to make a plan for how you are going to achieve your goals. You know what you want to do. Now you need to say how you are going to do it.

### **Session 2 – MAKING A PLAN**

The purpose of session 2 is for you and your STR worker is to make an ACTION PLAN for how you are going to achieve your goals. You will do this by writing down the steps you need to take to achieve your goals.

Your STR worker will ask you lots of questions about the best way of achieving your goals. Some of the questions may be:

1. Do you want to go swimming on your own or with a friend/family member?
2. Do you want your STR worker to accompany you for the first few times?
3. Are there any local swimming baths?
4. How much does it cost to go swimming and can I afford to go weekly?
5. Is there anything that would stop me going swimming?
6. What time of day is best?

All of these questions will help you and your STR worker to make an ACTION PLAN. Your Action Plan will include a series of actions or steps that you need to do. The action plan helps us to remember what we need to do, when we should do it, and where. It's like posting a letter. If you want to post a letter you are much more likely to do it if you've decided when you'll post it, where you'll post it and how. You can use the spaces below to write down your action plans.

Here is an example:

My Action Plan	Actions and by whom
To go swimming 3 times per week	<p>Identify the cost and distance of the local swimming pool (STR worker will do on Monday as well as seeing if there are any discounts that I am entitled to and tell me at my next session) <b>(STR worker)</b></p> <p>Ask my friend (Tom) if he will come with me on a regular basis ) I will ring him tonight <b>(Me)</b></p> <p>I don't have any swimming trunks that fit me (I am fairly sure that my mum will buy me them but I need to check) <b>(Me)</b></p> <p>My best time to go swimming is around lunchtime (before I go to work) STR worker to find out specific opening times of the pool to make sure it fits in with work <b>(STR worker)</b></p>

Your STR worker will provide you with blank action plan sheets. Use these to make up your own action plans along with your STR worker.



## **Session 3, 4 and 5 – Carrying out your action plan**

During these sessions you will have the time to talk with your STR worker about how things are going.

Talk about the actions and steps in your plan that you have managed to do.

Talk about the things that you have not been able to do.

Talk about the problems that have got in the way.

Talk about what you can do about these problems.

Your plans may need adjusting. It may be that together, you need to change some of the steps or break them down into smaller steps to begin with. Use the action planning sheets your STR worker provided you with to make any further changes you want to.

## **Session 6 and 7 – Reviewing your progress**

In these sessions you and your STR worker will look back at your original goals. Together you will get a sense of whether you feel you have achieved those goals and whether you think they have become part of your everyday life.

During these sessions you may find that there are things that have got in the way of you managing to achieve your goals. Use this time to problem solve with your STR worker. Think through solutions to these problems. You can then make some more action plans.

Also, during these sessions you can tell your STR worker what you think about the healthy living programme so far. What have you found helpful? Has anything been unhelpful? Could some things have been done differently?

## 7. Keeping Going

How do you keep any positive changes that you have made to your lifestyle going?

You have done really well so far. You have:

1. Thought about the current advice on healthy diets and exercise.
2. Set yourself some goals and made plans for how to achieve those goals.
3. Started to make changes in your life, by putting your plans into action.

The challenge now is the final stage which is to try to keep going with those positive changes. This can at times be difficult. At times you may well find yourself slipping back into your old behaviour. This is very common. But it is okay, it doesn't mean you are back to square one and that all your hard work has been undone. Just go back to your goals once you are ready.

## **Session 8 – keeping up the good work**

During this time, you and your STR worker will examine how far you have managed to stick to your goals and make them part of your everyday life. Together you can explore any barriers or changes to your life that mean it is now difficult to keep to your original goals.

Most importantly this session is about how your STR worker can help you to keep up the good work. You've done so well making changes to your lifestyle. Use this time to plan how you can keep those changes in your life.

## **Top tips for keeping up the good work.**

1. Change is not immediate: It takes about 6 weeks to see progress and make a change more permanent.
2. Be persistent: It's always harder to begin with, but making a plan will help you to keep going. If things are tough, you can always break steps in your plan down into further mini-steps.
3. Keep the reasons for your hard work close at hand. Keep reminding yourself that eating healthily and exercising is making a difference to your health right now as well as for the future.
4. Go back to your goals and action plans as soon as you can and pick up where you left off.
5. Did anything get in the way of you sticking to your plan – if so try to find a solution, so that you can go back to your plan.
6. Reward yourself for going back to your plan.

7. Don't punish yourself for straying from your plan.

8. Does anything help you to stick to your plan – such as encouragement from others – if so, ask them to help you.

9. Keep a weekly log of how you are doing and what achievements you've made. Monitoring yourself is the best way to keep going.

## **8. The Healthy Living Groups**

In addition to the individual sessions a range of optional healthy living groups will be taking place locally. These will be delivered by your support time recovery worker and a current or ex-user of mental health services. These groups will aim to incorporate some of the following 'team exercise games', lunch groups involving cooking and eating a healthy lunch, country walks, etc. Families and carers are more than welcome to attend the groups.